



**Possibilities of Play
Board Games for Skill Building**

Who are we?

- Jack Berkenstock Jr., MHS
- Executive Director and Co-Founder - The Bodhana Group
- Has been in the field for 23 years
- Children and Teens
- Adults with Disability
- Inpatient and Community Based
- Clinical Member of ATSA



Who are we?

- Colleen Madrigale, LSW
- DBT/Outpatient Therapist at Community Services Group
- Board Member - The Bodhana Group
- Clinical focus on trauma-informed care and Dialectical Behavioral Therapy (DBT)



Relevant Financial Relationships Statement

- I have the following real or perceived financial relationship that relate to this presentation: Jack Berkenstock is the Executive Director of The Bodhana Group, thus tied to the financial success of the organization and this presentation may lead to clients, consultation or service contracts.
- Colleen Madrigale is a member of the Board of Directors and also is invested in the success of the organization, albeit not directly financial due to her role.



Our Services

- Therapeutic Role Playing Groups
- Board Game Programs
- Consultation and Training
- Bodhana Brigade
- Twitch and YouTube Channels
- Save Against Fear Convention
- Wizards, Warriors and Wellness Books



Learning Objectives

- Recognize the inherent benefits for skill building and development from the hobby of tabletop board games.
- Describe how use of targeted and focused games can lead to critical core skill development through discussion of games they have played.
- Develop an understanding of the variety of modern tabletop games and how they differ from past titles to address multiple educational, therapeutic and educational foundation goals.



Board Games – A Quick Glance

- Dice/Boards – 5000 BC
- Senet – Egypt – 3100 BC
- Backgammon – 2000 BC
- Mancala – 700
- Landlord’s Game – 1904
- Monopoly – 1935
- Settlers of Catan – 1995



Facts about Board Gaming

- Variety of:
 - Age Ranges
 - Cognitive Levels
 - Themes and Genres
 - Mechanics
- Approximately 128,500 board games listed in BoardGameGeek.com
- US constitutes 1/3 of the global market
- Projected growth to over 12 Billion by 2023
- Fastly emerging hobby



What is Gaming

- Game - "a physical or mental activity or contest that has rules and that people do for pleasure."



Can a game offer us more than recreation?



Types of Games

- Board Games
- Card Games
- Dice Games
- Wargames
- Party Games



Basic Benefits

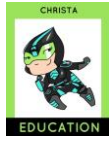
- Social Activity
- Strategic and Critical thinking
- Increased focus and attention
- Play stimulates learning
- Increasing positive connections to learning
- Small group interaction
- And did we mention they are fun...



Meet Today's Gaming!



Benefits



Math
Social Studies/History
Reading & Writing



Building Relationships
Social Cues and Interactions
Verbal/Non-Verbal Communication



And now the new stuff...



Planet



Code Names

Benefits



Authentic Listening
Emotional Intelligence
Cognitive vs Emotional Empathy



Self-Expression
Storytelling
Self-Confidence



And now the new stuff...

Hive Mind



Monikers



Benefits



Manual Dexterity
Refined Motor Skills
Movement Awareness



Independent Thinking
Rational Persistence
Risk vs. Reward



And now the new stuff...

Rhino Hero Super Battle



Incan Gold



Benefits



Life Skills
Coping Skills
Adaptability



Analysis & Evaluation
Deductive Reasoning
Resource Management



And now the new stuff...

Marvel Fluxx



Ticket to Ride



Board games used intentionally can...

- Target specific skills
- Generate discussion
- Introduce topics creatively
- Increase investment in therapy
- Offer creative downtime activities
- Lead to natural social supports
- Use IP to increase rapport
 - Harry Potter
 - Marvel



Board Game Program Options

- Curated play experiences
- Focused skill building groups
- Weekly social clubs
- Lending libraries
- Connecting with local game stores



For Example...

- Someone pick a game from their childhood.
- Let's discuss the rules.
- What do you remember from it?
- What skills do you think you learned from it?



For more information...

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- thebodhanagroup@gmail.com
- The Bodhana Group on Facebook
- @thebodhanagroup on Twitter
- Wizards, Warriors and Wellness on Drive Thru RPG
- Save Against Fear